

2006



2007

All Recreate on Fridays

Detailed Implementation Instructions

1. **Register** online at www.hhss.ne.gov/cvh/arf
 - a. Designate an ARF site coordinator
 - b. Determine an anticipated number of youth that will be involved
2. Give each participant a copy of the “**Parent/Youth Contract**” to take home and read with their parents. Collect signed contracts and return them to the ARF headquarters. The completed contracts will serve as a registration for each youth and will be used to determine the number of incentives to send to each coordinator.
3. You will receive the **ARF Start-Up Kit** in the mail after registering.
 - a. The kit will include (ARF activity manual, calendar of events, parent/student contract, tracking poster, and incentives.
4. Incorporate **physical activity** into your particular setting. You are not expected to provide 60 minutes of physical activity everyday. Just add as much movement as you can into the activities that your students are taking part in. *Use activity manual for game ideas.*
5. Track youth physical activity each Friday on **tracking poster** hung in classroom.
6. **Incentives** will be provided at the beginning of the year and we give you the flexibility to determine how to distribute them. You have the option to do daily, weekly, or monthly drawings, or give them all away at the end of each 7 week period. It's up to you!
7. Distribute all **newsletters** and educational materials for youth and parents that are sent from the ARF headquarters.
8. Return completed posters to the ARF headquarters at the end of each period to receive youth medals.

It's that easy!!! If you have any questions or would like ideas of how to get your group more involved, contact the ARF headquarters at the information below.

**For questions and comments call
(402) 471-1045 or email arf@hhss.ne.gov**